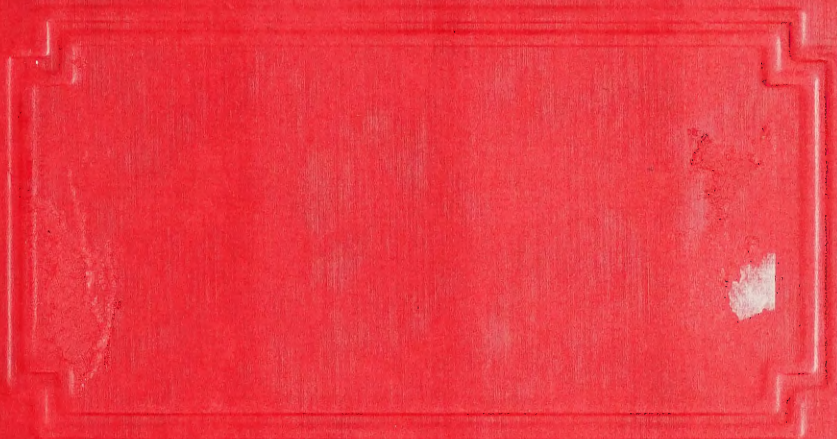


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## A LETTER FROM THE GOVERNMENT TO THE ESKIMO PEOPLE

You must have food. You must have clothing. You must have dog-food. You cannot do without food, you cannot do without winter-clothing, nor can you do without dog-food. Your food, your winter-clothing, your dog-food all come from your country; either from the sea or from the land. There is no other way to get them.

Formerly, your ancestors had no nets and no guns. Today, you get from white men all implements for hunting and fishing, and this makes hunting and fishing easier than with bow and arrow or spear.

Old people among you say that deer are not so plentiful as in the past. It is to be feared that deer may even disappear altogether, for they are getting fewer year after year. Still, there are deer in some parts of your country. If you do not kill too many, there will be enough deer to prevent starvation, but if you kill too many and at any time, you will soon lack food and winter-clothing.

Sea-shore eskimos should hunt seals as long as the ice is good in spring and gather skins for boots, and oil for the lamp. In summer time, have your nets at a good fishing place, dry the fish that you do not eat, and as far as possible avoid feeding dogs on deer.

To avoid flies going on your deer-meat and protect it from worms dry it with smoke. If you eat meat with worms in it you will get sick.

You should not kill pregnant caribou, only sheer starvation would be an excuse for doing it. In fall, do not kill more caribou than you require for winter clothes for yourself, and for your relatives in your camp, though you may get a few skins that white men would require to make their own clothing with.

Always "cache" the meat. Do not throw it away but dry it. Dried meat is better than canned meat; as for sea-shore Eskimos, seal meat is better than canned food.

Do not hunt foxes before they are prime, that is when their fur is thick and white. When you trade fox skins for white man's food, do not buy flour only, but also rolled oats and rice. These are better. It is not good to use baking powder all the time, nor to put too much of it in the flour.

Do not touch eggs, except the ones you are going to eat.

Do not let children drink strong tea, but only weak tea, and give only milk to the smaller children. That your children may be well and strong a child should not suckle his mother when he gets a young brother or sister, or when he comes to his third winter. If children use a nursing bottle, keep it very clean.

When you have sickness in your camp tell white men about it, and follow carefully their advice about the use of medicine. For general cleanliness, do not eat putrid meat. Dog-food and putrid meat keep apart in the store, not in the igloo. Do not spit on the floor, but in the spittoon only.

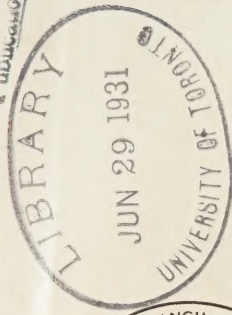
The Government tells you these things because it desires your welfare and wants you to be well and strong and not sickly.

O. S. FINNIE,

Director North West Territories and Yukon Branch,  
Dept. of the Interior.

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Canada, Northwest Territories and Yukon  
Affairs, Bureau of  
Publication



A letter from the Government to the  
Eskimo people, I.

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